

# FULTON FRESH KITCHEN SCIENCE

## Sweet Potato Spaghetti

A quick and easy dinner the entire family will enjoy!

### SAFETY FIRST!

Youth should always have parent supervision when preparing recipes. Make sure to wash your hands with warm soap and water for at least 20 seconds before preparing food or cooking..

## INGREDIENTS

- 4 medium or 2 large sweet potatoes (the more uniform in shape the better for spiralizing)
- 2 Tbsp oil (canola or olive)
- 6 Tbsp water
- 1-2 cups spaghetti sauce
- Spiralizer



## INSTRUCTIONS

1. Wash and peel potatoes. Cut off ends to create flat surfaces for both ends of the spiralizer. Use the spiralizer to spiralize sweet potatoes. Some noodles will be very long so it's a good idea to cut a few times with a knife or kitchen scissors.
2. Add oil & sweet potatoes to skillet over medium-high heat. Cook for 2 minutes, uncovered, stirring frequently.
3. Add water and cover the pan. Cook for another 3 minutes undisturbed. The steam will help soften the noodles.
4. Uncover and reduce heat to medium-low. Add sauce to taste and stir until warmed through (another 1-2 min.).
5. Top with Parmesan cheese & desired protein

## SERVING SIZE

This recipe makes 4 servings.

Visit our website or social media channels for a follow-along video of how to prepare this recipe.

[www.ugaextension.org/fulton](http://www.ugaextension.org/fulton)

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Why can't you get angry at a yam? Because they're such sweet potatoes.

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### SUBSTITUTIONS

Instead of spaghetti sauce, you could flavor with garlic and Parmesan, pesto, peanut sauce or sweet cinnamon! Feel free to also add a protein of your choice.

### MORE OPTIONS

This isn't all you can do with "spoodles!" Try them raw as a snack or in a salad, or make some quick baked curly fries! Toss with 1 Tbsp olive oil, a pinch of salt + pepper & 1/2 tsp garlic powder & roast at 425°F for 20-25 min, flipping halfway through!

### HEALTHY HABITS

Kids need 1-3 cups of vegetables a day, and only 1 out of ten eat enough. Spoodles are great way to eat more veggies and cooks faster than pasta.

### GET MOVING

Did you know that activities such as jumping, skipping, hopping and jumping rope can help to strengthen your bones? The bones we build as kids help to support us as we grow up. Include bone-strengthening activities, such as jumping or running, at least 3 days per week.

Share a picture of your finished recipe with us on social media with the hashtag #localfoodmadefun.

This recipe is adapted from <https://foodtalk.org/recipes>.

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